



Del pañal al cuarto de baño: entender el proceso y los posibles problemas

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Modulo 6

Posibles problemas

Dinámica familiar, trauma, apego, conducta

Establecer una relación de confianza

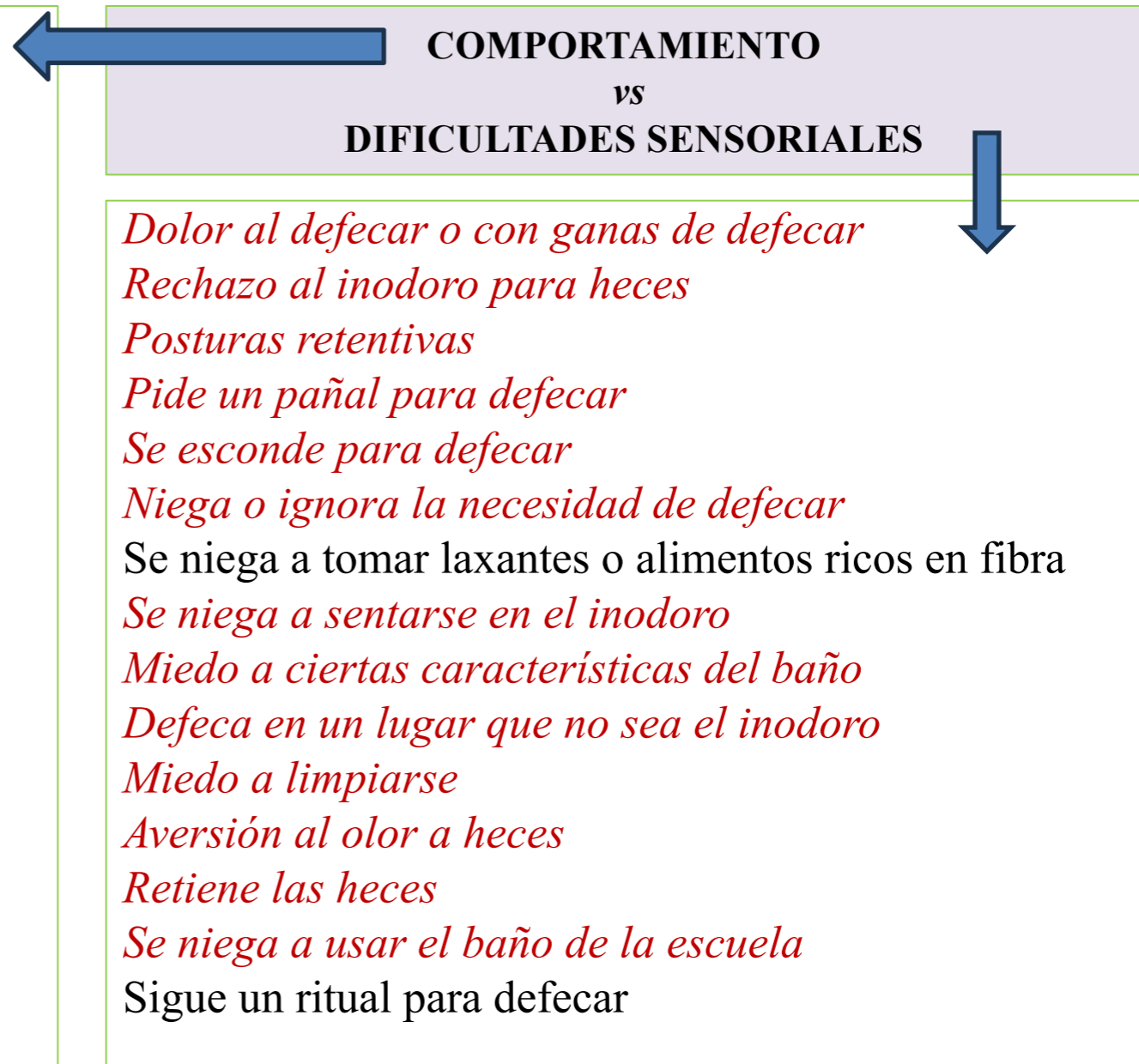
- ¿Tienes ganas de hacer caca?
- ¿Te has hecho caca?
- Como es el día a día con el niño; como actúa el niño; como actúan los padres...
- Las conductas de unos y otros impactan en la aceptación de la defecación...



Los comportamientos problematicos

- Entender para poder intervenir:
 - Impacto de la conducta del cuidador sobre la función GI del niño (ej., castigos por incontinencia involuntaria, expectativas exageradas)
 - Impacto de la conducta del niño frente a las demandas del cuidador (ej., cabezonería, rechazo del WC)
 - Impacto de los procesos gastrointestinales sobre la conducta del niño (ej., dolor al defecar)
 - Impacto de la conducta del niño sobre los procesos gastrointestinales (ej., retención voluntaria de heces).

Dolor al defecar o con ganas de defecar
Retener las heces
Rechazo al inodoro para heces
Se niega a sentarse en el inodoro
Posturas retentivas
Pide pañal para defecar
Se niega a usar el baño de la escuela
Se esconde para defecar
Fuerza para defecar
Niega la incontinencia
Niega o ignora la necesidad de defecar
Defeca en un lugar que no sea el inodoro
No se altera por estar manchado de heces
Miedo a limpiarse
Miedo a tirar de la cadena del inodoro
Aversión al olor a heces
Miedo a las heces



REVIEW ARTICLE

Defecation-Specific Behavior in Children with Functional Defecation Issues: A Systematic Review

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ABSTRACT

Context: Atypical defecation habits are common and distressing for children and families and can have a major impact on quality of life. Often, no underlying factor can be identified, and the defecation disorder is considered functional. Current interventions are not successful for up to 50% of children. We suggest this high failure rate may be caused by lack of consistency in descriptors of behavioral indicators for functional defecation problems. Most investigations and descriptors focus on general behavior. There are fewer reports concerning defecation-specific behaviors.

Objective: To develop a thorough inventory of defecation-specific behaviors, providing a more informed foundation for assessment and intervention.

Design: A systematic review of six common databases was performed following the Preferred Reporting Items for Systematic Reviews and Meta-Analyses recommendations. Reference lists of retained articles were screened for additional studies.

behaviors. However, both general and defecation-specific behavioral concerns are thought to play an important role in the development and in the persistence of constipation.³ A deeper understanding of the behaviors reflective of actual toileting and defecation problems could provide greater insight into the unique manifestations of functional defecation disorders and thus a better foundation for treatment. Because approximately 25% to 50% of children do not fully recover from functional defecation disorders despite medical management and therapeutic strategies,^{3,4} reconsidering our understanding of these disorders is imperative.

When referring to gastrointestinal disorders, the term *functional* is used to describe conditions that cannot be linked to a single discrete underlying biological etiology and are the result of the interaction between psychosocial factors and altered gut physiology via the brain-gut axis.⁵ The Rome Foundation diagnostic criteria are considered a gold standard for identification of functional gastrointestinal disorders.^{4,5} In the case of child-



Sensory Integration Concerns in Children With Functional Defecation Disorders: A Scoping Review

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OBJECTIVE. We examined the literature to identify reports of sensory integration concerns in children with functional defecation issues and to explore whether difficulty processing sensation may be related to their challenging bowel management behaviors.

METHOD. A scoping review was used to address the research question. We sourced articles from six databases in three languages, searched reference lists of all included articles, and identified additional articles through discussion with experts in the field.

RESULTS. Twelve articles were included in the final synthesis, identifying 15 challenging behaviors potentially related to sensory integration concerns.

CONCLUSION. We summarize research documenting sensory integration concerns in children with functional defecation issues, providing researchers and clinicians with an overview of the current state of understanding.

Factores psicológicos y emocionales

- El estrés psicológico predispone a los niños a desarrollar estreñimiento. El eje cerebro-intestino es la interacción continua entre el cerebro y el intestino en la regulación de los procesos digestivos e inmunológicos, y la coordinación del estado físico y emocional de todo el organismo (sueño, hambre, estrés).
- Los acontecimientos estresantes comunes de la vida relacionados con la escuela y el hogar, así como los acontecimientos adversos de la vida, como el abuso, predisponen a los niños a desarrollar estreñimiento.

(Baaleman et al., 2021)